



## TV Tips

Children love TV. Music, motion, bright colors, fun characters, and simple stories are what TV is made of—things that grab the attention of young children. Use the magic of TV to spark your children’s sense of curiosity and love of learning.



### To Help Your Children Get the Most From the TV They Watch:

- **Choose the TV you watch**  
Use a TV guide to choose TV shows that are a good match for the things your children enjoy or are learning about. Be sure to preview—watch—a show before you encourage your children to watch it. Choose TV that is geared to your children’s ages and interests. Watch programs, not just TV!
- **Use the VCR**  
Tape the programs your children love and that you feel good about. Create your own video library of smart TV—TV that teaches. Watch the whole show or just segments within a show again and again.
- **Pick and choose**  
You may see a piece of a show—a segment—on living things and want to share just that segment with your children. A segment of a show may address the very issues your children are dealing with, for instance, what to do about a bully. Having a show on a VCR tape can make using segments easy.
- **Watch TV together**  
When you watch TV with your children, they can ask you questions and talk about what they see. While watching together, you can gauge how much they understand by encouraging them to explain what they see, which will help them make the connections between what they watch and other things in their lives.



## **Television and So Much More!**

- **Encourage active viewing**  
Children learn from doing, watching, listening, and imitating. Children can watch TV actively—by talking, playing, dancing, and singing along. The easiest way to encourage your child to join in the fun is if you do, too! You're never too old to sing, dance, and play along. Encourage your children to ask questions, move to the music, and express their reactions to the things they see and hear on TV.
- **Extend the learning**  
Read books and do activities that relate to the themes of programs you watch with your children. If you watch a show about recycling, sort the day's trash, plant the seeds from a snack time apple, or read a book about recycling. Create a "learning triangle" by connecting what you watch with activities and storybooks that reinforce the same idea or concept!
- **Limit television time**  
Young children need lots of time to move, talk, play, and be with others. TV can be a learning tool, but it can't replace hands-on learning or take the place of care children need from you. Set clear rules for how long and when the TV can be on.